



Ellie's Angels is a not-for-profit community interest company whose members are broadly made of young people. We work in partnership with schools, healthcare services and professionals to raise awareness of the mental health and support needs of younger people. We are founded and inspired by the real life successes of Ellie who struggled with her own mental health before discovering and creating her own methods to turn her life around.

Our aim is to change the way access to support is offered to young people and identify ways to enable them to find the kind of help they want in a way that works for them.

We represent the voice of young people through our Youth Mental Health Ambassadors—they drive the work we do and it is their voice that makes the difference.

Web [www.elliesangels.org](http://www.elliesangels.org)

Email [info@elliesangels.org](mailto:info@elliesangels.org)

Facebook [Ellie's Angels](#)

Instagram [elliesangelscharity](#)

Snapchat [ellies\\_angels](#)





We have created an app **better u** - an app made by young people, for young people! **better u** provides a platform where you can manage your mental health and well being through journaling and daily affirmations. It's also a place where you can find links to a diverse range of professional organisations and charities that offer support in a variety of platforms.

